

## INFECTION PREVENTION REMINDER CARD

Slowing the spread of a pandemic is very important to us as individuals, families and as a nation. Time will allow development of a vaccine, so our health care system will be better able to meet your needs with each passing day. Simple steps are effective... take them!

### Prepare

Stay healthy!	<p>It is always a good idea to practice good health habits.</p> <ol style="list-style-type: none"> <li>1. Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.</li> <li>2. Exercise on a regular basis and get plenty of rest.</li> <li>3. Stop smoking. Some research studies show an increase in influenza infections among smokers. There is a higher mortality rate for smokers than nonsmokers.</li> </ol>
Stay informed!	<p>Know what is happening globally, nationally and locally.</p> <ol style="list-style-type: none"> <li>1. Reliable, accurate, and timely information is available at <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> and <a href="http://www.nps.gov/public_health/">www.nps.gov/public_health/</a></li> <li>2. Look for information on your local and state government Web sites. Links are available <a href="http://www.cdc.gov/other.htm#states">www.cdc.gov/other.htm#states</a>.</li> <li>3. Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and Web-based information.</li> </ol>
Be ready to care for yourself and your family!	<ol style="list-style-type: none"> <li>1. Store a supply of water and food. During a pandemic if you cannot get to a store, it will be important for you to have extra supplies on hand.</li> <li>2. Have nonprescription drugs and health supplies on hand, including pain relievers, stomach remedies, cold medicines, fluids with electrolytes, and vitamins. See <a href="http://www.pandemicflu.gov/planguide/checklist.html">http://www.pandemicflu.gov/planguide/checklist.html</a> for a checklist.</li> <li>3. Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.</li> </ol>

### Avoid Infection

1. Avoid close contact with people who are sick.
2. When you feel the onset of sickness, keep your distance from others.
3. Make good hygiene a habit:
  - Avoid touching your eyes, nose, or mouth. Germs live a long time on surfaces such as desks. They are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.
  - Wash hands frequently with soap and water.
 

Proper hand washing means:  
 First wet your hands and apply liquid or clean bar soap. Place the bar soap on a rack and allow it to drain.  
 Next rub your hands vigorously together and scrub all surfaces.  
 Continue for 10 - 15 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.  
 Rinse well and dry your hands.
  - Cover your mouth and nose with a tissue when you cough or sneeze. As simple as this sounds, it is a crucial step in stopping the spread of disease by airborne droplets.
  - Wash your hands after coughing or sneezing to reduce the contamination of surfaces.
  - Alcohol based hand cleaners can be used as a temporary measure.
4. Avoid sharing telephones, keyboards, pens etc.